

ABSTRACT

A foodstuff capable of preventing the induction or metastasis of cancer is provided. In particular, an *Agaricus blazei* Murill extract comprising an ingredient capable of preventing the induction or metastasis of cancer is provided. The ingredient can be a chromatographic main elute fraction of 100 to 2000 molecular weight, obtained by the steps of extracting the fruit body of *Agaricus blazei* Murill with hot water, dialyzing the resultant extract, and subjecting the thus obtained dialysis external fluid to chromatography. Alternatively, the ingredient can be a dialysis external fluid obtained by the steps of extracting the fruit body of *Agaricus blazei* Murill with hot water, adding ethanol to the resultant extract to thereby obtain precipitates, dissolving the precipitates in water, and dialyzing the solution.